

LITURGY OF THE WORD
Nineteenth Sunday in Ordinary
Time Year B

First Reading 1 Kings 19:4-8

A reading from the first book of Kings
Strengthened by the food, he walked to the mountain of the Lord.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The Word of the Lord
R. Thanks be to God

Responsorial Psalm

Ps 33:2-9. R. v.9

(R.) Taste and see the goodness of the Lord.

1. I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad.

2. Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.

3. Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress.

4. The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him.

(R.) Taste and see the goodness of the Lord.

Second Reading

Ephesians 4:30 - 5:2

A reading from the letter of St Paul to the Ephesians

Walk in love, just as Christ.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise

your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The Word of the Lord
R. Thanks be to God

Gospel Acclamation John 6:51

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

Gospel John 6:41-51

A reading from the gospel according to John.

I am the living bread come down from heaven.

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

The Gospel of the Lord

R. Praise to you Lord Jesus Christ

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REFLECTION by Fr Michael Tate
Enwombed in the Maternal Christ

Your mother and my mother, carrying her baby in the womb for nine months, effectively said: 'Take, eat, this is my body.' A mother able to breastfeed continues this communion as she offers her body to give life to her child. Our Lord Jesus Christ adopts maternal language to express his deepest desire for us! He gives us his risen and glorified Humanity: 'Take, eat, this is my body', and a sort of life-giving mutual indwelling occurs: 'Those who eat my flesh and drink my blood abide in me and I in them.' This is as intimate as a baby dwelling in the womb of its mother. As St Paul put it in a different context, 'In Him we live and move and have our being.' The Saviour of the World, the Conqueror of Death, dwells in my body and I dwell in his glorified body. This gives us 'eternal life' which is not something which begins after death, but is simply a label for Our Lord's Divine human life which we can share right now. However, because it is the life of the Conqueror of Death it will certainly impel us beyond the grave: 'The one who eats this bread will live forever.' We could take a moment to pray to more fervently realise and take advantage of the fact that, at every Mass, we can respond to the invitation to come forward to Holy Communion so as to be enwombed in the maternal Christ.

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NINETEENTH
Week in ORDINARY
TIME Year B



CHURCH EVENTS

Choir Practice
 1PM Every second and fourth Monday

Cenacle Prayer 9.30 am Fridays
 after Mass

Wrap With Love
 Tuesday 13th August 10am
 BB Library

The ASSUMPTION of the BLESSED VIRGIN MARY Day of Obligation Thursday August 15th Mass 6pm

Enjoy the Good News
 Wednesdays after 9am Mass

Parish Sacramental Program for First Eucharist Enrolment Evening WEDNESDAY 15TH AUGUST 5pm @Church

Parish Feast Day BBQ after 10am Mass Sunday August 18th

"I hear but do I really listen" Morning Session with Patrick Fleming Monday August 19th 9.30am-12noon @Church

Craft Group 10am Thursdays Church Meeting Room

ADORATION TUESDAYS @ 4pm

COFFEE CLUB Thursdays after Mass
 Venue: Corrigans Cove

The Basics of Life!

St. Augustine comments that our most sacred things come from the kitchen - bread, wine, water, oil & of course hands. These things provide the Sacraments with their unique language and, as with any language, we need to understand it, if we are to use it effectively. Frank O'Loughlin in his book 'New Wineskins' 2019 writes: 'Bread gives witness to our radical dependence on something outside of ourselves to keep us alive.

We cannot give ourselves life. Each time we eat we acknowledge that we cannot maintain our own existence. We have to take something from outside ourselves into us if we are to remain alive. Without sustenance we cannot keep living. Thus we are utterly dependent for our very life on something outside of ourselves, something beyond ourselves'. [pg 14]

The reality is the food we eat keeps death at bay in a temporary way. This dependence O'Loughlin talks about is true of us whether we are believers or non-believers. *This dependence is part of each one of us; it is a reality for every human being. Something we all have in common.*

I am the Bread of Life come down from Heaven

Jesus is to us, what bread is to us. In John's Gospel today when Jesus says: 'I am the Bread of Life come down from Heaven', this statement points to the very significance of bread and of eating and speaks to us of **who Jesus is and what he is claiming.** It opens up for us the very nature of the Eucharist as our way of coming to receive the life that Christ offers us in the Eucharist.

The Mystics, such as John of the Cross, Teresa of Avila, often use love as a way of speaking about union with God. **The Eucharist uses the sign of food as a way of speaking about our union with God – our relationship with God in Christ.** He is giving himself to us as life-giving with a life that is internal to us. As O'Loughlin says: 'This bread draws the disciples into communion with him in the life of the resurrection which he comes to through his death. In the Eucharist, we begin to share this life now'. [pg.16] Christ gathers us into the mystery of communion with him by giving to us his bread, broken, that we may **all share** in it. [1 Cor. 10:17].

The celebration of Eucharist calls us to recognise Christ not only in the breaking of bread but in the poor and disadvantaged who are 'broken' by their life in this world. May we continue to be profoundly moved by Jesus to act with practical love to change our world.

Marie Weatherall





Mass Schedule

MASSES THIS WEEK

Monday 12th—Sunday 18th Aug

- Monday 12th:** No Mass
- Tuesday 13th:** Adoration 4pm
Mass 5pm
- Wednesday 14th:** Mass 9am
- Thursday 15th:** Mass 9am,6pm
- Friday 16th:** Mass 9am
- Saturday 17th:** Mass 5pm
Reconciliation 3.30-4.30
- Sunday 18th:** Mass 10am

Masses in Aged Care Facilities

- Mass First Wed of Month @10.30am Denhams Beach Community Care (Opal)
- Mass 2nd Wed of the month @10.30am The Glen
- Mass 3rd Wed of month @2pm The Manor
- Mass 4th Wed of month @2pm Maranatha Lodge

ROSTERS

10/11 AUGUST
Cleaning
12-16 R & K Ison

5.00PM MASS
Welcomer: B Oerder
Commentator S Ebejer
Reader J Quigley
Eucharistic Ministers
N Buick
Computer Screen
J O'Sullivan

9.00 AM MASS:
Welcomer L May
Commentator L Page
Reader: N Beatty
Eucharistic Ministers
K Corbin, L Stevens
Computer Screen D May

MORNING TEA:
J Barroman & G Berryman

COUNTERS
M & C Lowe

17/18 AUGUST
Cleaning
19-23 Favetta/O'Neill/
Nugent

5.00PM MASS
Welcomer: C Brownlie
Commentator M Weatherall
Reader J Mackay
Eucharistic Ministers
L Rodwell,
Computer Screen
K Conway

10.00 AM MASS:
Welcomer L Page
Commentator B Maynard
Reader: A Skinner
Eucharistic Ministers
V & C Burns
Computer Screen T Jones

MORNING TEA
N Beatty & M deSmet

COUNTERS
G Norris/J O'Sullivan



**You're invited to
A parish bbq to
celebrate the Annual Parish
Feast Day after Mass on**

SUNDAY 18TH AUGUST

Please bring along a plate to share.
Mass on 18th August will be at 10am

The PARISH SACRAMENTAL PROGRAM for FIRST EUCHARIST will be holding an ENROLMENT & INFORMATION EVENING on WEDNESDAY 15TH AUGUST @ 5PM. We warmly invite all parents whose child has celebrated Reconciliation to attend the evening. For further information please call the Parish on 4472 4153

SAVE THE DATE:

There will be an additional Mass on Wednesday August 15th @ 6pm for the Holy Day of Obligation of the Assumption of Mary



FATHER'S DAY APPEAL – 31st August & 1st September 2024

COLLECTION FOR ARCHDIOCESAN RETIRED PRIESTS

There are 25 priests in our Archdiocese. We should remember our retired priests as we celebrate the **theme for the Second World Day for Grandparents and the Elderly** "In old age they will still bear fruit" (Psalm 92:15).

Envelopes will be provided on the pews

St Vincent de Paul Volunteers needed:

Our local Conference is looking for volunteers who may be able to give a few hours every month to interview companions who need assistance. You would always be on with an experienced member who will guide you. Why not just turn up to our Conference Meeting on the first Monday of the Month in the Church Meeting Room at 2pm and get to know about this Vincentian Ministry or phone **Gary: 0429 774 101 or Marie 0405 028 057.**

If you would like to join the Parish e-platform giving for both the Priest and the Church, the details are as follows:

PARISH FINANCIAL SUPPORT

A/C Name: St Bernard's Operating

BSB: 062-786 A/C No: 00012939 Ref: Family Name

PRAYER FOR VOCATIONS

Gracious God,
You have called me to life and gifted me in many ways. Through Baptism You have sent me to continue the mission of Jesus by sharing my love with others.

Strengthen me to respond to Your call each day.
Help me to become all You desire of me.
Inspire me to make a difference in others' lives.
Lead me to choose the way of life You have planned for me.
Open the hearts of all to listen to Your call.

Fill all with Your Holy Spirit that we may have listening hearts and the courage to respond to You.

Enkindle in my heart and the hearts of others the desire to make the world a better place by serving as Lay Minister, Sister, Priest, Brother or Deacon.

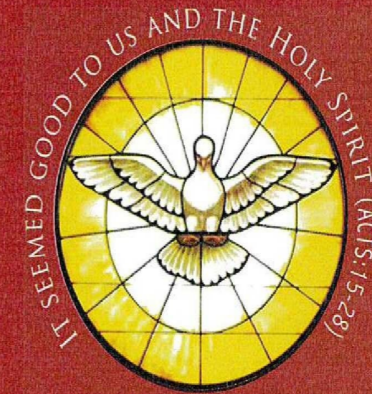
Amen

Remembering the Sick:

Brendan Blyton, Wendy & Pat Roberts, Mark O'Neill, Karen Nixon, John de Smet, Kevin & Pat Totterell, Dawn Robinson, Maria de Rocco, Myrna Glenn, Norma Dean, Ann Marie McLoughlin, Antionette Doyle, Christine Norman, Anne Gatehouse, Tony Vogel, Suzanne Hughes, Trent Fisk, Carolyn Burns, Sr Marie McAlister, Peter O'Neill, Beverley Biglia, Fr John Walter, Fr Kevin Murphy, Allan Rogers, Rita Condon, Ben Copland, Vince Burns, John Dillon, James Lee, Trish Hamilton, Jim Banks, Dennis Sheather, Mary Henderson, Diane Lanzon, Marion O'Grady, Victor Edith, Jan Simpson, Allan Odlum, Luke Ward, Andrew Morton, Ken Evendon, Judy Betts, Anica Bautovic, Angela Mylott, Jeanette Clarke, those in hospital and nursing homes.

Death Anniversaries: are listed in the Memorial Book at the front of the Church and names can be added to it if dates are provided.

We pray for the recently deceased in the Parish Community: Giovanni Menon, Tony Puconja, Hazel Nolan, Else McGahey, Richard Smart, Patrick Dunn, Claire Dickens, Laurence Foran, Lynton Ryan, Jacki Harding, Keith Cooke, Kathryn King, Sarah Good, Robert Mitchell, Joyce Hurrell, Archbishop Francis Carroll, Ruth O'Malley, Julie Morgan, Suzanne Houssard, Nancy Sykes, Lillian Burkinshaw, Lynette Arundel, Patricia McKeough, Ivan Trojkovic, Brian O'Connor, Annie Scicluna, Francis Bezzina, Paul O'Callaghan, Pam Wilson, Drago Bandur, Vin Taylor, Fr Don Gunn, Krsto Jarnjevic, Tony Plascak, Janet Thornbury, Michele (Mick) Ferrante, Barry O'Neill, Frank Belsa, Del Bateman, John Dunne, Maria Ivelja, Stjepan Matasin, Peter McGann, Filomena Dela Torre



YEAR OF THE Holy Spirit

PRAYER TO THE HOLY SPIRIT FOR THE ARCHDIOCESE

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, Grant that by the same Holy Spirit we may be truly wise and ever rejoice in his consolations. Through the same Christ Our Lord

AUGUST 2023 - AUGUST 2024

Pope Francis Monthly Prayer Intentions AUGUST

For political leaders

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

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